



GONA 5 YEARS STRONG

It's hard to believe that this year marks our fifth **GatheringOfNativeAmericans!** That's five years of teaching, training and a whole lot of fun for Native American Youth around the Central Valley. We started with about 44 youth and have steadily grown to 70 youth for the week long camp. The camp emphasises the GONA curriculum developed as a prevention model and teaches four principles and why they are important.

Belonging - The original definition refers to a time when infants and children learn who they are, where they belong and a sense of protection.

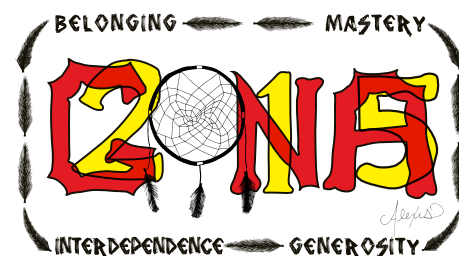
Mastery - The original definition refers to a time when adolescents and young adults learn to understand thier gifts, thier vision, where they come from, and how to master these talents.

Interdependence - The original definition refers to a time for adulthood, responsibility to others, and understanding of our interconnectedness with all [living] things.

Generosity - The original definition refers to a time when as elders, we can give back to our families and communities.

Together with the staff and volunteers we create a safe place for the youth to thrive and grow while learning about thier culture and how to interact with others. Great facilitators from the local community share thier knowledge as well and we all learn something new every year.

It is our hope to continue to have GONA's for years to come. We appreciate the contributions of so many over the past five years, without you this would not be possible! We have great things in store for this years GONA and can't wait to see the growth and development of our Native Youth!



This year's winning logo by Noah B., congrats Noah!

INSIDE THIS ISSUE:

SoC Update	1
Clubhouse News	2
Nutrition News	3
Nursing Corner	4
CBANS News	5
MSPI Updates	6
Counselors Corner	7
Events	8
Calendar	9

The next Community Advisory Board meeting will be Monday, August 15, 10-12PM Please join us, your voice is important! We are always looking for dedicated volunteers, if you would like to volunteer, please contact our office at 559-320-0490



CLUBHOUSE NEWS

Clubhouse hours have begun! The new hours will be 11 AM - 3 PM Tuesdays - Thursdays and 1 PM - 5 PM on Fridays.

Younger youth kicked off the summer by having a movie day at Clubhouse and decorated t-shirts. They really showed off their creativity! They also were able



to take a field trip to Maya Cinemas, played "Feeling BINGO" with therapist, Amber M., and learned about sage from Laura W. All youth got to plant their own sage and took it home to take

care of. Big thanks to Amber and Laura!

Teen Clubhouse kids went to a local pool to cool off for the summer and took a trip to Lost Lake.



Summer Camp

The Robert Sundance Camp registration is now open for youth ages 5-12! This is an awesome, week-long camp held in Big Pine. Camp activities include various cultural and educational workshops, field trips, fishing, hiking, swimming, horseback riding, mountain bike riding, and rock climbing. Camps will be July 25-30 and August 1-6. Registrations are available at faihp.org and at our front desk.

MANDATORY Parent orientation will be on July 7th 5:30 PM - 7:30 PM

In June FAIHP collaborated with California Youth Connection and Fresno State to host the 2016 GONA Peacekeepers Training!



Thirteen youth participated in this Conflict Resolution and Leadership Training which was held on campus at Fresno State



and youth has the opportunity to get a taste of college life by staying overnight in the dorms.

The Peacekeepers built on their leadership skills by identifying conflicts in their lives and in our community,



reviewing GONA, learning stages of resolving conflict and asking open-ended questions, and role playing. Learning to trust and lean on one another for support was a constant theme throughout the training. It was a

fun weekend with some great information being shared.

It was so nice to see all of these young leaders in action!

Are you starting to run out of ideas for kids' snacks that are both healthy and delicious?

When it comes to our kids, we're all trying to do the best we can. But sometimes, despite our good intentions and careful efforts, some things slip through the cracks. Store-bought treats—like chips, cookies, and fruit snacks—might work in a pinch, but aren't a good bet for the long haul. They're full of salt and added sugar, without many of the nutrients kids need for their growing bodies.

So what should you do? Pack in as much fiber as possible with fresh fruits and vegetables, and include low-fat dairy like Greek yogurt. This kind of snack is also a good idea if you don't want your kid to overeat in between meals. Researchers have found that children who snacked on a mix of vegetables and cheese needed much fewer calories to feel full than those who snacked on plain old potato chips

Worried your kids won't try something out of the ordinary? Pair it with one of their favorites, and remember that presentation is key! Make healthy food look fun, and your kid will be excited to eat it.

Here are 30 well-balanced ideas to get you started (at only 100–200 calories each):

- Fruit smoothie Blend 1 cup fat-free milk, ½ cup frozen strawberries and ½ banana
- Zesty Tortilla One 6-inch flour tortilla with ¼ cup black beans and 2 tablespoons fresh salsa
- Mini-sandwich Whole-grain dinner roll with 1 slice deli turkey, 1 slice low-fat cheese and mustard
- Pudding Parfait One 4-ounce fat-free, ready-to-eat vanilla pudding with ½ cup fresh fruit and 5 vanilla wafers
- Veggie pizzas Split whole wheat English muffin. Top with 2 tablespoons low-fat cream cheese, ½ cup diced fresh veggies and one ounce low-fat mozzarella cheese
- PB Bagel Cinnamon-raisin mini-bagel spread with one tablespoon peanut butter
- Banana Split banana sliced length-wise topped with ½ cup frozen yogurt and a tablespoon of chopped nuts
- Apple & Peanut Butter One tablespoon peanut butter spread on slices of a medium apple
- Tomato Soup One cup tomato soup with five whole-grain crackers
- Cheesy Popcorn 3 cups air-popped popcorn sprinkled with three tablespoons grated parmesan cheese
- Frozen Banana 1/2 frozen banana dipped in 2 teaspoons dark chocolate chips, melted
- Frozen Grapes 28 grapes (about 1 scant cup), placed in the freezer for 2+ hours
- Grilled Pineapple 2 1/4-inch thick pineapple rounds (3 1/2-inch diameter), grilled (or sautéed) for 2 min, until golden
- Cinnamon Applesauce 1 cup unsweetened applesauce, sprinkled with cinnamon
- Baked Apple 1 small apple, cored, filled with 1 teaspoon brown sugar and 1 sprinkle cinnamon, baked until tender
- Cheese and Crackers 5 whole grain crackers with 1 part-skim mozzarella cheese stick
- Spicy Scramble Egg 2 scrambled egg whites on 1/2 slice whole-wheat toast, drizzled with 1 teaspoon sriracha
- Curried Sweet Potato 1 small sweet potato microwaved for 6 minutes and mashed with 1 teaspoon curry and salt and pepper to taste
- Soy Edamame 1/3 cup boiled shelled edamame with 1 teaspoon soy sauce
- Dijon Pretzels 2 pretzel rods with 1 tablespoon Dijon mustard
- Cucumber Sandwich 1/2 English muffin with 2 tablespoons cottage cheese and 3 slices cucumber
- Turkey Roll-Ups 2 slices smoked turkey rolled up and dipped in 2 teaspoons honey mustard
- Carrots and Hummus 12 medium baby carrots with 2 tablespoons hummus
- Mini Ham Sandwich 2 slices honey-baked ham with 2 teaspoons honey mustard, rolled in 1 lettuce leaf
- Apples and Cheese 1 light mozzarella cheese stick with 1/2 sliced medium apple
- Chocolate Trail Mix 8 almonds, 1/2 tablespoon chocolate chips, and 1 tablespoon raisins
- Strawberry Salad 2 cups raw spinach with 1 cup sliced strawberries and 1 tablespoon balsamic vinegar
- Fruity Waffle Toaster waffle topped with ½ cup blueberries and 2 tablespoons low-fat yogurt
- Oatmeal Instant oatmeal made with fat-free milk with 1 tablespoon honey, ½ cup sliced peaches and dash of cinnamon
- Pita & Hummus Whole wheat pita cut into wedges with 2 tablespoons hummus for a dip



WHAT YOU NEED TO KNOW ABOUT BLOOD PRESSURE AND HYPERTENSION

Blood pressure is a measurement of the force on your arteries every time your heart beats. As blood travels through arteries it carries oxygen from the heart thru the body. In order to keep your arteries happy and healthy they need to remain below 120 for systolic and below 80 for diastolic. Hypertension (high blood pressure) is known as the “silent killer” because a majority of the time high blood pressure has no symptoms until damage has occurred. Below is chart to help you understand blood pressure readings: Systolic (top #) - pressure in your arteries when the heart contracts. Diastolic (bottom #) – pressure when the heart is at rest (in between beats).

	Systolic (first #)	Diastolic (second #)
Normal Blood Pressure	Below 120	Below 80
Prehypertension	120-139	80-89
Stage 1 Hypertension	140-159	90-99
Stage 2 Hypertension	160 or higher	100 or higher

Hypertension (High blood pressure)

- Hypertension is the leading cause of stroke and heart attack
- Hypertension not only damages the arteries in your body that carry blood, they damage the brain, eyes and kidneys.
- Some symptoms of hypertension include headache and edema such as swollen ankles.
- A single reading of high blood pressure does not mean you have hypertension. It must be evaluated at least two or more reading on different days by your health care provider.
- Long term high blood pressure can cause: Coronary artery disease, stroke, heart failure, peripheral vascular disease, vision loss, and chronic kidney disease.

Ways to control Blood Pressure and Treatment

Keeping a healthy weight	Eat less salt in your diet
Eating food low in fat	Exercise 30 mins. a day 5 times a week
Stop smoking	Avoid regular use of alcohol

Potassium is important to maintain a good blood pressure because it helps relax arterial walls. Foods rich in potassium are potatoes, bananas, eggplant and squash.

TREATMENT: The number one treatment for hypertension lifestyle changes like diet and exercise, quit smoking and maintain a healthy weight. Genetics also play a factor, and the doctor may prescribe high blood pressure medication.

Tachi Tribe Elder's Gathering

FAIHP's WISE group traveled to Lemoore for the Tachi Tribe Elder's Gathering and had a blast! The theme was Mardi Gras so we prepared by decorating our masks the week before and dressing for the exciting day ahead. Upon arrival were treated like Mardi Gras kings and queens!

The Tachi gym was decorated to perfection! Colorful streamers and balloons were everywhere, tables filled with shiny beads, smiling masks, and glitters from every spectrum. They had a live DJ who was very animated and filled the room with oldies but goodies. We played bingo, hot potato, had dance contests (yep, elder style) and ate an array of good old Cajun food to our hearts content, including shrimp and strawberry funnel cake! There were lots of raffles and the tribe gave away so many beautiful gifts! All of the tribe's staff was so very gracious and hospitable making certain the Elders wanted for nothing. The attention to detail was very much appreciated!

We are all still smiling from being able to share with so many of our families and friends. Our elders came from everywhere; Tachi, Tule, Big Sandy, Cold Springs, Choinumni, Wukchumni, Yaqui, Lakota, and many more. We caught up on the latest, laughed together, remembered heart-filled times, including the day we were enjoying together! We can't wait for next year! THANK YOU TACHI!





*By Joyce Burel LMFT
Chukchansi*

I've been thinking about how we helped one another when we lived in our tribal communities a long time ago, before we were separated from one another by European invasion, before we experienced what we now know as historical trauma.

I would like to think that our emotional and health problems were less. But I know that illness (physical or emotional) is not new and certainly there were times when an individual or family needed help. The survival of our community was based on interdependence and it was important that problems were resolved expediently and in a good way.

Speaking as a Chukchansi, I know that we had medicine people who knew the preparation and use of healing herbs. I know that we also had a Headman who made decisions that restored balance and order when disagreements arose within our community, and of course we had our Elders to remind us of how life should be lived. This collective wisdom was passed from one generation to the next and provided continuity and stability. Every Tribe had their own way of handling problems and healing. It is that knowledge and those practices that have insured that we are still here today.

But now we find ourselves in this larger, at times unfamiliar world that is sometimes confusing, that can invite anxiety, worry, depression, violence, and abuse of drugs; a world that can cause our bodies to release dangerous chemicals that create illness. Our physical and mental health is impacted by the world we live in and with.

We know that when unsettling events occur in our lives that our first response is to share with our closest family and friends, people we know and trust. We are all helpers, advisers and counselors to one another throughout our lives. We also use our medicine people and traditional healing practices such as Sweats, Talking Circles and our Tribal specific ceremonies. It is only when our problem or the problem of a loved one is bigger or more complex or cannot be resolved that we consider talking to someone with a different set of skills and knowledge. Today's medicine people are more likely to belong to the American Medical Association, be Marriage and Family Therapists, Social Workers, Psychologists and Substance Abuse Counselors.

When you reach out to FAIHP All My Relations Behavioral Health Clinic please know that we consider it a privilege to be of service to you and your family. Whether it is because you wish to consult about an issue for yourself or someone in your family or need support at a difficult time in your life, we are here to help. You can trust that we will honor your privacy and hold sacred what you share with us. Together we will work toward healing and the life that you desire.

JULY 2016

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All events are subject to change. Please call for more info (559)320-0490



FAIHP

Fresno American Indian Health Project

1551 E. Shaw Avenue, Ste. 139

Fresno, CA 93710

559.320.0490

Fax: 559.320.0494

www.faihp.org



Fresno American Indian Health Project

FAIHP is a nonprofit 501(c)3 organization and depends on support from the community. All donations are tax-deductible. If you or an individual or business you know would like to make a contribution they may do so by check.

NAME: _____

ADDRESS: _____

CITY/STATE/ZIP: _____

PHONE: _____

DONATION AMOUNT: _____

Please make all checks payable to:

Fresno American Indian Health Project

1551 E. Shaw Avenue, Suite 139, Fresno CA 93710.

Our services include:

- Health Screenings
- Behavioral Health Services
- Alcohol & Drug Prevention
- Health Education Classes
- Public Health Nurse Home Visits
- Case Management
- Transportation
- Health Referrals
- Youth After School Program
- Nutrition counseling

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